



Pasta Fagioli



Dairy Free



Popular

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce .5 can cannellini beans with liquid canned
- ☐ 8 ounce tomato sauce canned
- ☐ 2 stalks celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 teaspoons parsley dried
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 0.5 cup spinach pasta uncooked
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 servings salt to taste
- ☐ 2 medium tomatoes peeled chopped

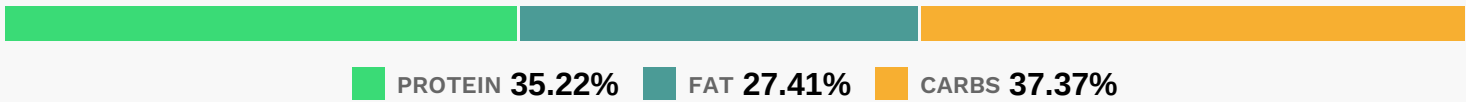
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat. Cook celery, onion, garlic, parsley, Italian seasoning, red pepper flakes, and salt in the hot oil until onion is translucent, about 5 minutes. Stir in chicken broth, tomatoes and tomato sauce, and simmer on low for 15 to 20 minutes.
- ☐ Add pasta and cook 10 minutes, until pasta is tender.
- ☐ Add undrained beans and mix well.
- ☐ Heat through.
- ☐ Serve with grated Parmesan cheese sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:21.564782451028%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 413.73kcal (20.69%), Fat: 12.65g (19.47%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 30.77g (11.19%), Sugar: 5.63g (6.26%), Cholesterol: 51.38mg (17.13%), Sodium: 986.67mg (42.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.15%), Manganese: 0.87mg (43.66%), Selenium: 26.28µg (37.55%), Fiber: 8.04g (32.14%), Iron: 5.7mg (31.65%), Phosphorus: 315.77mg (31.58%), Potassium: 1082.09mg (30.92%), Zinc: 4.22mg (28.11%), Folate: 100.64µg (25.16%), Magnesium: 100.24mg (25.06%), Vitamin B6: 0.47mg (23.72%), Vitamin K: 23.94µg (22.8%), Copper: 0.45mg (22.53%), Vitamin A: 1076.79IU (21.54%), Vitamin E: 3.03mg (20.23%), Vitamin C: 15.83mg (19.18%), Vitamin B3: 3.8mg (18.98%), Vitamin B12: 1.03µg (17.13%), Calcium: 135.18mg (13.52%), Vitamin B2: 0.22mg (13.03%), Vitamin B1: 0.17mg (11.19%), Vitamin B5: 0.56mg (5.62%)